CREW OFF-DUTY

GMT	CREW	ACTIVITY
06:00-06:10	CDR	Morning Inspection. MRM2 Circuit Breaker [A3C] and Fuse Inspection MRM1 БΠΠ-4, БΠΠ-7 Fuse Inspection
06:00-06:10	FE-1,FE-2, FE-5,FE-6	Morning Inspection
06:10-06:40		Post-sleep
06:40-07:30		BREAKFAST
07:40-08:10	FE-1 ,FE-3	Skills training for the Shuttle R-Bar Pitch Maneuver
08:10-08:15	FE-3	Downlink images obtained during RPM OBT
08:25-09:25	FE-2	Physical Exercise (ARED)
09:00-10:00	FE-5	Physical Exercise T 2
09:25-09:55	CDR,FE-1,FE-2	ISS-MCC TV Greetings (To= , To=09:24, T2, T3 from CΠΠ)
10:00-11:30	FE-5	Physical Exercise (ARED)
10:15-11:45	FE-1	Physical Exercise (T2) Day 2
10:30-11:30	FE-6	Physical Exercise (CEVIS)
10:30-10:45	CDR	Private Family Conference (Ku+S-band)
11:30-13:00	FE-6	Physical Exercise (ARED)
12:00-12:10	FE-2	Setting up hardware for TV downlink
12:10-12:25	CDR,FE-1,FE-2	TV Greetings (Ku + S-band) (see Note 4)
13:00-14:00		LUNCH
14:00-14:40	FE-2	СОЖ Maintenance. SM and FGB Water Supply System (CBO), Flush Counter (СП), and POTOK Air Purification System Data Calldowns
14:55-15:10	FE-3	Private Family Conference
15:40-16:40	FE-1	Physical Exercise (VELO), Day 2
15:40-17:10	FE-2	Physical Exercise (T2) Day 2
16:10-17:10	CDR	Physical Exercise (ARED)
16:10-17:10	FE-3	Physical Exercise (CEVIS)
16:30-16:45	FE-5	Private Family Conference
17:10-18:40	FE-3	Physical Exercise (ARED)
17:10-18:40	CDR	Physical Exercise (T2) Day 1
18:20-18:30	FE-6	USOS Window Shutter Close
18:30-18:40	FE-6	Integrated Immune: Hardware Setup for Crew Saliva Sampling
18:40-18:55		Evening Work Prep
18:55-19:20		Daily Planning Conference (S-band)
19:20-19:30		Evening Work Prep
19:30-21:30	CDR,FE-1,FE-2 FE-3,FE-5	Pre-sleep
19:30-19:40	FE-6	
19:40-19:55	FE-6	Private Family Conference
19:55-21:30	FE-6	Pre-sleep
21:30-06:00		SLEEP
Task list	CDR,FE-1,FE-2	Preparation of reports for Roskosmos site

CDR	ECON. Observations and Photography
FE-1	URAGAN. Observations and Photography
FE-2	CKK Cassette Photography

Notes:

- SM Window #9 shutter opening is at crew discretion w/ Report to MCC
 See OSTP for references to US activities

- Pre-sleep ops: daily food prep, dinner, pre-sleep
 Must be performed if TV downlinks don't get completed at 09:25.
 End of Radiogram